

Your News



Issue 17 11th June 2021

This week at LPPS

Reflection

This half term our focus value is reflection. We spoke this week about how we can look back at the past few months and think about how hard everything has been. We want to reflect on all of the positive things that we have been able to do and learned during this time that we would not have been able to if school hadn't closed.

The children know that this kind of growth mindset reflection is not easy and so we want to spend this half term becoming better at it.

Our focus this week was reflecting on how kind we have been to ourselves during this time. We are very good at speaking kindly to others, showing compassion and empathy to build each other up. We realised that we can sometimes talk to ourselves with harsh, cruel words in a way that we would never talk to someone else.

We watched a clip which showed us ways that we can use kind words and thoughts about ourselves as a reminder that we are amazing people who are perfectly imperfect and that is ok. We wouldn't want it any other way.

<https://www.youtube.com/watch?v=D9OOXCu5XMg>

The Reflection
IN ME

BY MARC COLAGIOVANNI

So, our challenge is to look back, and speak kindly to ourselves about what we have achieved in recent months.

Myself and Mrs Browne will be guiding the children through how to reflect and learn from our experiences and how to feel pride every day.

Mental Health and Wellbeing

How to cope with anxiety - Source from The Priory Group

Sometimes anxiety can become severe and it can take many different forms such as social anxiety, health anxiety, specific phobias, anxiety attacks, panic attacks and generalised anxiety to highlight a few, so if you are affected by anxiety don't be afraid to ask for help.

Below are some tips for helping to cope with anxiety:

1) Breathe deeply

When we get anxious the body's 'fight or flight' response is activated. This response is the body's way of protecting you in a threatening situation. It is a series of changes in the body including the release of adrenaline and an increase in heart rate which are designed to help you be stronger (fight) or help you move faster (flight), all very useful if we are under attack, but not very useful if you are going to the supermarket for example. So just breathing deeply can help the body settle down to its more natural equilibrium. I think it is useful to imagine you are blowing up a balloon of your favourite colour. Take a deep breath in and notice how your stomach rises as you inhale which allows your lungs to take in maximum air, then let a long, slow, breath out as if you are filling your balloon with air, and do this three times.



Respect

Passion

Reflection

Wonder

Empathy

Unity

Perseverance

2) Question your thoughts

Our mind can play tricks on us when we are anxious and our thinking can become distorted. For example, an abrupt email from your boss may lead you to think that you have made a mistake, or a friend failing to return a text may lead you to think that they are not talking to you. Before you accept the thought, which will undoubtedly fuel your anxiety, ask yourself is that anxious thought a “fact or an opinion?” If it is an opinion, you may be getting anxious for nothing.

3) Test it out

Often, when we get anxious about things, we are making a negative prediction about what will happen, for example I can't go to that party on my own because no one will talk to me. If you make negative predictions, be like a scientist and test it out or how will you ever know if your prediction was right?

4) Don't fall into the avoidance trap

Anxiety is an uncomfortable emotion and many people fall into the trap of avoiding the thing or situation they fear so that they don't experience the anxiety, for example avoiding driving on a motorway because they fear being hit by a lorry. However, when you avoid situations, you are not dealing with the anxiety so life can become more and more difficult as you work hard to avoid all the things you fear, and eventually you may end up in a situation where you are trying to avoid more and more situations. Because you haven't dealt with the fear, the anxiety feels even worse. So, face your fear. You will feel anxious but if you repeatedly face it, your body adjusts to the thing you fear and your physical anxiety reduces. If facing your fear is daunting, try breaking it down into small steps, for example drive on a motorway for one junction, do this repeatedly until you notice your anxiety reduce, then increase it to two junctions etc.

5) Acceptance

Anxiety, although uncomfortable, is a normal emotion and no matter how much you want to get rid of it, we

all feel anxious from time to time. Accepting anxiety, can be just like accepting that sometimes we feel angry, or sometimes we feel sad and sometimes we feel happy, and just like those other emotions, anxiety will pass. However, if your anxiety is long term and affecting your day-to-day life you shouldn't just accept it in order to feel better, you should seek support.

COMMUNITY LINK



Calling all the green fingers within our LPPS community...!

If you purchased a sunflower seed from the PTA back in April and have been busy growing your sunflower, now is the time to enter the competition!

Use the below link to register your entry:

<https://forms.office.com/Pages/ResponsePage.aspx?id=tgg55UNoy063MDZgc819Xk9PG3fdIF1Fo6mqm0Hfh0NUQzBJU0dIS0JHU05VWldRVkQwV1VHN0U4MiQIQCN0PWcu>

The deadline for entries is **5pm on 20th June 2021** (entries will not be accepted after this time)*

Once you have entered, you can send pictures of your growing sunflowers to the below email address with your unique entry number (found on your pot): sunflowers@bcfforum.org

The competition will be judged on the **31st August** so there is plenty of time to grow your sunflowers.

There is still time to buy a sunflower seed if you would like to enter, please email in via the school office and we can arrange this for you.

There will be a prize, donated by **The Park Langley Residents Association**, for the tallest sunflower and the largest diameter sunflower. There will also be a prize for the best effort sponsored by the **BCF Forum - Good luck!**

Little LPPS

Hooray, it looks like summer has finally arrived!
Can you find the summer-themed words in this word search?



Summer

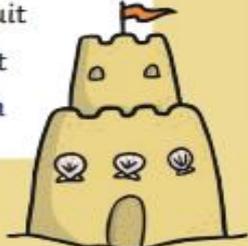


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beach
holiday
hot
ice cream

lolly
shorts
summer
sunglasses



sunny
swimsuit
t-shirt
warm



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Subject Focus

Now is the perfect opportunity to share with families all the fantastic outdoor learning opportunities there are within the subject of maths. As you may know, national outdoor classroom day has just passed; we as a school have made great strides in giving the children access to outdoor learning throughout a range of their subjects. Outdoor learning is a fantastic resource to help children learn and develop their engagement with a subject. This is the exact reason why I would like to share some information with you that you could begin implementing immediately and continue throughout the Summer. Below I have detailed a range of activities you could do which are fun, engaging and secretly help our children learn. Participating in these over the Summer will help keep a link to school and will keep maths ticking over until we return in the Autumn. Outdoor learning can help the whole family as it is proven to improve mood, reduce stress, develop social and emotional skills and develop creativity and a love of learning.



Mathematical scavenger hunt.
Hunt for patterns, shapes or angles...

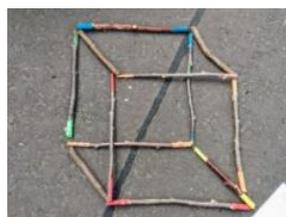
Find shapes in nature. Visit bee hotels to discuss different shapes



Draw and measure lengths, scaling...



Find or create patterns in nature



Find and use sticks to create large 2D and 3D shapes

Magic number squares



If you do manage to get outside and play some maths over the Summer, we would love to see what you have been getting up to. If you are stuck for ideas then I have included a website that contains a whole range of maths specific games and activities.

<https://thirdspacelearning.com/blog/13-outdoor-maths-activities-early-years-year-6-plus-bonus-ages/#7-8-position-and-direction>

Enjoy your outdoor learning!

Mr Ford



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PTA

We are delighted to announce that, once again, we shall be creating personalised cotton tea towels which will be on sale towards the end of the Summer Term. All children, with the support of their teachers, have designed and created their own unique self-portrait. These portraits will be displayed on the tea towel with their name. More details to follow shortly from **Katie Helt** on this initiative!

Dates for your diary

- **17th June** – Year 4 Roman Day
- **1st July** – Year 3 Virtual PGL Parent Information Sessions (information to follow)
- **6th July** – Year 2 Scootsure
- **9th July** – Year 3 Greek Day